

March Activities - Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

UrbanaSeniorCenter@FrederickCountyMD.gov 301-600-7020

www.FrederickCountyMD.gov/aging Facebook: [Urbana Senior Center - Frederick County, MD](https://www.facebook.com/UrbanaSeniorCenter)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
<p>*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Activities are subject to change.</p>			<p>1 9:30 Strength Training 10:45 Daily Exercise 11:15 Safety Minute Just Do It in Your Sleeve 1:00 Cards and Games 1:30 *Line Dancing</p>
<p>5 Nutrition Minute "Popcorn Snacks" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge 1:00 Rummikub 1:00 *Information/Assistance 1:15 Book Club: Column of Fire by Ken Follett</p>	<p>6 Nutrition Minute "Popcorn Snacks" Blood Pressure Screening 10:00-2:30 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 4:30 Closed for Supper Club 5:00 *Supper Club: Flaming Grill Buffett</p>	<p>7 Nutrition Minute "Popcorn Snacks" 10:45 Daily Exercise 11:30 Nutrition with Nina: 8 Steps to a Healthier Diet 12:30 *Intermediate English 12:30 *Yoga 1:00 Artful Creations: Pajama Party Prep 2:00 *Beginning English</p>	<p>8 Nutrition Minute "Popcorn Snacks" 9:30 Strength Training 10:45 Daily Exercise 11:00 Blood Pressure Screening Noon *Lunch with Nurse Steve Top Health Issues for Seniors Lunch Reservations due Feb. 28 1:00 Cards and Games 1:30 *Line Dancing</p>
<p>12 Health Education 101 "Caring for Teeth/Mouth" 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub</p>	<p>13 Health Education 101 "Caring for Teeth/Mouth" First day of registration April-June day trips 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 1:30 *Instant Pot 101 3:00 *Watercolor Class 5:15 Supper/Cards & Games</p>	<p>14 Health Education 101 "Caring for Teeth/Mouth" 10:45 Daily Exercise 11:30 Chat with Joy: Property Tax Credit 12:30 *Intermediate English 12:30 *Yoga 1:00 Movie Matinee: A League of Their Own 2:00 *Beginning English</p>	<p>15 Health Education 101 "Caring for Teeth/Mouth" 9:30 Strength Training 10:45 Daily Exercise Noon *St. Patrick's Day Lunch Reservations due March 6 1:00 Cards and Games 1:30 *Line Dancing</p>
<p>19 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub</p>	<p>20 Special Hours Today 9:00-3:00 10:00 *English Conversation 10:45 Daily Exercise Noon Bring Your Own Lunch 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 Closed</p>	<p>21 10:45 Daily Exercise 12:30 *Yoga 12:30 *Intermediate English 12:30 *Yoga 1:00 Cards/Games 1:00 Set-up for PJ Party 2:00 *Beginning English</p>	<p>22  11:00 a.m.-2:00 p.m. Registration and payment due Thursday, March 15</p>
<p>26 9:30 Strength Training 10:00 Stitching Post 10:45 Daily Exercise 11:30 Bridge Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub</p>	<p>27 10:00 *English Conversation 10:45 Daily Exercise 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:15 *Fried Chicken Supper 6:00 Inside Scoop: Women and Money</p>	<p>28 10:45 Daily Exercise Noon Spring Luncheon Reservations due March 20 12:30 *English Class 12:30 *Intermediate English 12:30 *Yoga 1:00 Bystander Intervention 2:00 *Beginning English</p>	<p>29 9:30 Strength Training 10:45 Daily Exercise 1:00 Cards and Games 1:30 *Line Dancing</p>

(see other side for program highlights)